

MMM Report

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MICHIGAN MEDICAL MARIJUANA NEWS & INFO

MARCH 2016 VOL. 6 | ISSUE 2

FREE



11th Michigan Medical Marijuana

CONFERENCE

Grand Rapids - March 19th & 20th 2016

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Notes



Dear Readers,

Thanks again for reading this magazine. I lose money, time and friends every month on the old rag, but it's worth it. Staying on top of the evolving world of marijuana gives me an edge I think. I have met so many awesome people in the process, had some epic adventures and have accomplished some cool shit.

On top of writing, designing and distributing this magazine, we also host some killer events. As you may have noticed, we will be returning to Grand Rapids on March 19-20 at the Orbit Room for our 11th Michigan Medical Marijuana Conference. I hope to see all my good friends from the MMJ world there, and to make new ones.

Not everyone likes this magazine. Big dispensaries in Detroit and Ann Arbor have asked their buddies in the industry to boycott advertising because we call them out by name in articles relevant to the industry. As a rule, we support the small time entrepreneur, farmer and everyday patients. Everyone knows that greedy assholes want to take over the industry, and take caregivers and edible makers out in the process.

In the end, we love everyone. Now is the time to unite the industry to protect caregivers, safe access and to legalize. Hopefully you are doing your part by filing out the petition in this magazine to Abrogate the Prohibition of Cannabis. Full legalization is the only way to end the persecution of people like us who use the Herb. Remember, the MMM Report will always give you the straight dope, even if it hurts. See you at the Orbit Room in Grand Rapids!

-Ben Horner

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New Provisioning Center in Pittsfield

PITTSFIELD TOWNSHIP: Perfect Solutions received its first “OK” from the Pittsfield Township Planning Commission this month. The company hopes to open an 8,100 sq. ft. operation which includes a provisioning center and grow operation. There were only a few small issues with the proposal, including landscape and hours of operation, which the company plans to clear up. The proposal states that the business will employ nine to twelve people, six of which will be caregivers. The plan also notes that the caregivers will strictly follow the state MMA and patients will only be able to receive medical marijuana from their caregiver. The applicant, Matthew Baker, wrote in his submission “Perfect Solutions strives to be a recognizable, professional care provider who will uphold the highest standards possible in regards to our local responsibilities and our reputation within the Michigan medical marijuana community.”

Indian Community Recognizes Michigan Medical Laws

BARAGA: The Keweenaw Bay Indian Community has passed an ordinance acknowledging Michigan Law in regards to medical marijuana on the reservation. The ordinance will allow patients with a Michigan medical marijuana card to possess, grow, and distribute marijuana on the reservation. While the KBIC voters did pass a non-binding vote in 2014 favoring the legalization of recreational as well as medical use on the reservation, the tribal legislation has yet to move forward. KBIC Council President Warren Swartz told the Mining Gazette that the move is basically just to open the door for medical marijuana patients using Michigan’s medical marijuana law. No plans have been made to open a distribution center anywhere on the reservation.

LRCC wants Moratorium on Medical Dispensaries

LANSING: The Lansing Regional Chamber of Commerce sent a letter to city officials this month urging them to “implement a moratorium on any new medical marijuana provisioning centers at this time”. Going on to explain that their stance is not a biased one, “to be clear, LRCC does not have a current position for or against medical marijuana provisioning centers. However, the increasing number of provisioning centers throughout the city without proper regulations and enforcement is extremely alarming and should be addressed immediately.” The Lansing State Journal states Lansing Mayor Vig Bernero responded to the letter with, “sounds like a decent idea to me” and would give the city some breathing room to sort out legal issues pertaining to enforcement of an existing ordinance. He believes a moratorium is a step in the right direction as the city is in need of proper zoning and regulating. Bernero said City Council members, who have been expressing concern over the number of dispensaries and the need for stricter regulations for months, would most likely pass a moratorium proposal. While the city does not have an official count on the number of provisioning centers within its limits, it is believed to be around 60 in a city of 114,000 residents. Though centers are technically illegal in Michigan more areas like Lansing and Detroit are looking for ways to regulate these much needed businesses instead of closing them all down.





More Efforts to Legalize Recreational Use

DETROIT: Senator Coleman A. Young II has introduced legislation which would legalize recreational marijuana use in Michigan. According to the Detroit Free Press, the bill is being called the “non-medical marijuana code” aka Senate Bill 813. The bill has been referred to the Senate Judiciary Committee for review. If approved, the bill would allow Michigan adults the right to possess up to one ounce of marijuana and grow up to five plants in a secured area, non-residents would be allowed to carry no more than a half-ounce. The legislation would also regulate and allow for growing facilities, dispensaries, and “marijuana lounges”. Smoking in public would still be illegal, and carry a \$100 fine. It establishes an excise tax of \$50 per ounce of flowers and \$15 per ounce of leaves. Nearly 50% of the tax revenue would go to the state’s general fund, 30% would be dedicated to education, while the rest would be divided up between the Department of Health and Human Services and the Department of Community Health. Sen. Young believes marijuana should be legalized “in the interest of allowing law enforcement to focus on violent and property crimes.”

Moratorium Extended in Frenchtown Township

FRENCHTOWN TOWNSHIP: Businesses hoping to sell medical marijuana in Frenchtown will have to wait another year. The township board voted this month to extend the halt on granting licenses to medical marijuana provisioning centers through 2016. The board voted off a recommendation from the township planning committee. Supervisor Jim McDevitt stated that the board is waiting for more information regarding changes in state law as well as court decisions that dictate the use of medical marijuana. While there are no companies in the area requesting to open a dispensary, future entrepreneurs will have to look elsewhere to start their business as McDevitt describes that the moratorium will be “continuous until there are changes in the law...we’re in limbo.”

Explosion in Saginaw

SAGINAW: A fire on the city’s west side left three people seriously injured and a home completely destroyed. Fire officials believe the fire was the result of a butane explosion stemming from manufacturing hash in the home. Fire Department Cpt. James Champney told mLive, “We believe it was a grow house. Once we made entry we found multiple marijuana plants.” Firefighters had a difficult time gaining entry into the home when they arrived as the doors had safety bars and the windows were all boarded up from the inside. Luckily those living at the home made it out the back door, but they still suffered extreme burns to their heads, upper body, and arms. The fire is still under investigation.



Marijuana Sales could Generate Millions in Revenue

LANSING: A report released late last month claims that regulating marijuana sales as proposed by bills in currently in the Legislature could generate up to \$63 million in revenue for the state. Dr. Gary Wolfram, an economist and professor at Hillsdale University, created the report which was commissioned by the Michigan Cannabis Development Association. Wolfram used the number of currently registered patients, which is about 182,091, to conclude that regulation and licensing would produce a revenue between \$44.3 million and \$63.5 million and create at least 10,000 jobs. According to mLive’s press release issued by the Byrum and Fisk public relations firm on behalf of Michigan Cannabis Development Association stated Wolfram’s analysis found if the 3% excise tax proposed by the bills in legislation is approved the money generated would be distributed so that “municipalities would receive \$4.4 million to \$6.3 million; counties would get \$5.9 million to \$8.5 million; county sheriffs would receive \$800,000 to \$1.1 million; and Michigan’s General Fund would get \$3.7 million to \$5.3 million.” Wolfram added at a press conference that regulating the medication could eliminate much of the black market sales while allowing patients to consume safer products.

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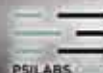
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National News

by Rachel Bunting

Mormons Weigh in on Medical Bill

UTAH: A proposed bill that would allow the medical use of edible marijuana, may have been dealt a major blow this month when the Church of Jesus Christ of Latter-day Saints came out against it. Leaders of the church have said they “are worried about the unintended consequences of the measure,” according to ABC News. They are not, however, opposed to another bill which would allow access to marijuana-infused oil. While the church would not elaborate on their worries, Sen. Mark Madsen, who proposed the medible bill, believes that “if they’re going to put their thumb on the scale politically and force everyone to a standard, then I think they owe something of an explanation to the people.” Since a majority of Utah lawmakers belong to the church, the stance of the religious organization can have a big impact on their decisions. Both proposals have been approved by committee and should be argued in the Utah Senate later this month.



Medicine for Minors

CONNECTICUT: A proposal that would allow minors to use medical marijuana is back before legislators this year, but with new support from The Connecticut Chapter of the American Academy of Pediatrics. A similar proposal failed last year and was strongly opposed by the chapter. The new bill, however, is a scaled-back version which would allow access to non-smokeable medication for minors with one of six specified conditions. There are still members of the chapter that would like to see more research, especially the effects on brain development and dosage, before allowing children to consume the medication. The pediatricians supporting the proposal say they were swayed after hearing testimony from pediatric neurologists and parents of children with severe disorders who see the medication as a last hope. If the bill is passed children with severe epilepsy, cerebral palsy, cystic fibrosis, uncontrolled seizure disorders, an irreversible spinal cord injury, or a terminal illness that requires end-of-life care will be permitted to use medical marijuana as a means of treatment. Minors would need permission from their parent, their primary care provider, and a specialized physician.



Familiar Name Applies to Open Dispensary

HAWAII: In 2000 Hawaii became the first state to legalize a medical marijuana program, but with a recently adopted “dispensary bill” it will now be able to set up shops to cater to those in need. One big name popping out of the 66 applications applying for one of the eight initial licenses is marijuana advocate and enthusiast Woody Harrelson. Harrelson, known best for his role on “Cheers”, applied using his company name “Simple Organic Living, LLC” in Honolulu County. Each owner awarded a license will be able to operate up to two production centers and two retail locations. Another big name applying is Henk Rogers, founder of The Tetris Company, which holds the rights to the *Tetris* trademark. Chosen applicants will be given their license by April 15th, and will be allowed to open shop after July 15th.

Signatures in Springfield

MISSOURI: Advocates for medical marijuana in Springfield, Missouri began collecting signatures this month to get their medical marijuana proposal on the November ballot. New Approach Missouri, the organization created to support the initiative, has hired a private company as well as volunteers to collect the 158,000 signatures needed. While the petition is the only medical one circulating, it is not the only petition

circling the state. Another petition going around seeks to legalize marijuana “for personal, medical, and commercial purposes.” The petition was submitted by pro-marijuana advocate Nicholas Raines. When asked about the group, Raines told *The Springfield News-Leader*, “We are turning marijuana back into food.” Many believe a bill will not pass through the General Assembly this year, but that won’t stop advocates from continuing to push the issue.



More Medicine in Massachusetts

MASSACHUSETTS: As two new dispensaries prep to open this month, Massachusetts state health authorities are changing the amount of medical marijuana patients are able to purchase. The Public Health Department has more than doubled the amount allowed to patients after determining laboratories can ensure the safety of the medicine. Before the change regulators were worried laboratories could not accurately screen for high levels of heavy metals and would only allow patients to receive 4.23 ounces every two months. This restriction was to avoid worst case-scenarios involving toxic accumulation of contaminants. However after an outcry from the medical community, the regulators found a way to deal with the problem. Aside from inspecting laboratories to make sure their methods are thorough, which they have done, they will now require labeling which will indicate appropriate dosages. According to the Boston Globe the Health Department sent out a letter to dispensary owners stating, “By adopting this approach, we are ensuring that the standards . . . have been developed through a rigorous process with a high level of public assurance that they have been developed using a broadly representative body of science.” Patients are now able to purchase up to 10oz of medicine every two months.

An Inconvenient Medication

NEW YORK: After an emergency access bill was passed in New York, many patients thought they would be able to obtain the medication they needed quickly and easily. This hasn’t been the case for many, however, who require specific strains to help ease their symptoms. One of those hoping to get expedited medication is a young boy named Tommy, who

suffers from uncontrollable seizures. The county that Tommy lives in has two dispensaries, neither of which carry the oil with certain levels of CBD and THC that Tommy needs. After talking to the dispensaries, Tommy’s parents learned that they would be able to get that type of oil from a dispensary near them, but only after waiting around 4 weeks for it to grow, then wait for it to be harvested, processed, and inspected by the state. Unfortunately they couldn’t wait that long to get their son treatment. They were able to find a dispensary that carried Tommy’s treatment but it is four hours from their home. In order to get the correct medication for their son, which is already about \$750 monthly, they have to use their gas as well as renting a hotel room because of the distance. While the emergency access bill did allow patients to actually be able to get the medication they needed more quickly, it hasn’t made it any easier for patients to have access to the specific strain they need.



Top Reasons for Medical Use

CALIFORNIA: A digital healthcare resource, HelloMD, wanted to gain insight into patients in California to create a comprehensive profile of cannabis use, preferences, and reasons. The researchers surveyed 1,400 patients and found that 66% of those used marijuana as the primary method of treatment for their ailment. The most reported health issue to justify marijuana use was anxiety, followed by generalized pain, stress, back pain, insomnia, and depression respectively. The company also reported that 84% of those surveyed claimed “marijuana effectively treats their targeted disorder” and that 18% (nearly 1 out of every 5 people) use cannabis as an alternative to alcohol. While it seems like a low number, that 18% is significant considering studies have shown alcohol to be considerably more addictive and dangerous than marijuana. The study also discovered a slight difference in cannabis use between men and women as well. Finding that men generally prefer to smoke or vape their medication, while women tend to favor tinctures and topical creams. Women also appear to choose delivery services as opposed to visiting dispensaries and are more likely to recommend medical marijuana to friends and family. The CEO of HelloMD hopes the study will help to “inform regulators and lawmakers as they focus on the issue”.

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Not Bricks of Gold

MALTA: Dylan Azzopardi, 22, is a loan shark in Marsascala who held Luke Vella, 20, against his will and beat him, causing him to lose vision in one eye, for an overdue debt. Vella decided to take revenge into his own hands by robbing Azzopardi with two accomplices. Vella and an accomplice found a large bag with bricks wrapped in brown paper inside and assumed the bag contained money or pieces of gold. Police caught the men 20 yards from the home after receiving an anonymous tip. The bag actually contained 3.5 kilos of cannabis hash and about 100 grams of flower. The three men were charged with aggravated possession and so was the "victim" of the burglary, Azzopardi. Azzopardi was charged with aggravated possession after a search of his home led to another half kilo of marijuana in the garage. All men were allotted bail so long as they pay the fine, sign a bail book daily, and observe a curfew.

Mom Claims Marijuana Makes Her a Better Parent

ENGLAND: January Jones is the mother of a two year old daughter and an activist for cannabis use. Jones is open with her daughter about her marijuana use and reads to the child from "It's Just a Plant", a children's book aimed at teaching kids the benefits of the plant. She says she prefers to read the book to her child to help educate her about the medicinal and beneficial effects of marijuana. Jones told the Daily Mirror, "Smoking cannabis helps me be a better mother. It makes me a more creative mum, a more relaxed mother." Jones isn't the only mom advocating for her right to consume. A documentary created by a group that calls themselves Moms of Marijuana focused on moms who describe their medical reasons behind the marijuana use and how the medication has improved their ability to parent. One mother in the movie claims, "It does make me a better mom. I'm calmer, I'm more rational, I'm not angry."

New Poll Claims Canadians Want Legalization

CANADA: A new poll conducted by Globe and Mail/Nanos Research has found that majority of Canadians agree with the government plan to legalize marijuana. The survey found that 68% of the population supports or somewhat supports legalization while only 30% is opposed or somewhat opposed. It also discovered that most citizens would prefer dispensaries or pharmacies dedicated to selling the drug instead of allowing it to be sold in liquor stores. The main concern shared by 51% of Canadians is that legalization will lead to increased drug use by those under 21, but according to the poll 57% do not believe marijuana should even be considered a "gateway drug". Those in favor of legalization are torn on being allowed a personal grow with 49% wanting to be able to grow at home and 48% opposed. Prime Minister Justin Trudeau promised to legalize marijuana in the country in 2013 and has called on Bill Blair, the parliamentary secretary to the minister of justice and a former Toronto Police Chief, to create a model that would best allow distribution to adults of legal age while keeping it out of the hands of children. As of late February, Blair has refused to give a timeline for the work of a new federal provincial task force which will lead broad discussions on the matter and create changes to the criminal code. The random survey was conducted by telephone and internet, it has a margin of error at +/- 3.1%.





Australia's Most Progressive Medical Marijuana Bill Up for Debate

QUEENSLAND: A new bill to allow patients access to medical marijuana is expected to go before Parliament in April after being under community consultation for the next month. Public Health Bill 2016 would create a formal process for doctors to prescribe marijuana for medical treatments. The proposal will set up the framework for a better regulation process, which will ensure patients are receiving the medication they need. While doctors will be able to distribute the medication they prescribe to patients, it will still require approval from the Commonwealth Therapeutic Goods Administration. Health Minister Cameron Dick, who supports the reform, said, "There are patients out there right now who may benefit from some relief that can be delivered through medicinal cannabis. It's important we acknowledge that medicinal cannabis is a drug, and should be regulated properly."

Michael Jackson is Getting Too Old for this Stuff

HARTLEPOOL: A 62 year-old man was caught with a "bar" of marijuana hidden in his home when police raided it on an unrelated drug charge earlier in the year. Michael Jackson was recently acquitted of being involved in a cocaine conspiracy that was at the center of the raid but was charged instead with possession with intent to distribute. His lawyer argued that this was his first drug offense in over 25 years and that since Jackson's health is not good, his risk of re-offending is low. The judge sentenced Jackson to six months in prison, suspended for two years, and a curfew of six months telling Jackson at his sentencing, "You are getting too old for this. Go away, look after yourself, and don't let me see you again."

Australia's Synthetic Problem

GOLD COAST: Police raided several homes and businesses this month in connection with synthetic drug manufacturing. Officers found several cement mixers being used to mix the chemicals which were then poured and dried in the back of a black van. Most of the sites raided were in squalid conditions, making the dangers of an already dangerous drug more alarming. There are tobacco outlets, herbal stores, and adult shops that market the drug as a "legal high" found in the form of tea or incense. Detective Jon Wacker says at least 10 people have died from the chemical mixtures in the past few years, while countless others have had horrible adverse reactions. He told SBS News "It's like playing Russian roulette. One of these days your luck is going to run out. There's no way people can measure what is going into these mixes, (it's) just people doing backyard production of lucid dangerous drugs." Only two people were arrested following the raids but the investigation is ongoing.



Man Avoids Jail by Changing Lifestyle

DUBLIN: A man in Dublin was arrested for packaging and intending to distribute €26,307 worth of marijuana. In Ireland selling the drug can land the distributor in jail for twelve months along with a large fine, however in cases where over €13,000 worth of cannabis is seized the punishment can be up to ten years in prison. The man arrested, Jason Bailey, had no prior convictions and has not had any issues with law enforcement while awaiting sentencing. He admitted to holding the drugs, claiming he needed them to help pay off a previous debt acquired from his own cannabis addiction. The judge took that information as well as the fact Bailey attended a treatment program, re-enrolled in school, and has not used the substance since his arrest into consideration at his sentencing. The Judge decided that since Bailey "made a spectacular turnaround in his personal circumstances", the four year sentence he was handed would be suspended in full. The judge was also impressed at the amount of support Bailey was receiving to help turn his life around and end his addiction.

Grow Tip

By: Ben Horner

Making a Lady Bug House

As springtime comes pests like mites can get into the best contained grow rooms. Almost all experienced growers have encountered this from time to time. The key to not getting an outbreak of insect pests that likes to destroy crops. Organic botanical sprays and Neme Oil can be used on plants in the vegetative stage of growth to repel pests. However, just like when you use mosquito spray in the summer and still get bitten, the same goes for plants. Ladybugs are also a great preventative option. Ladybugs can eat up to 50 mites a day and are all-natural.

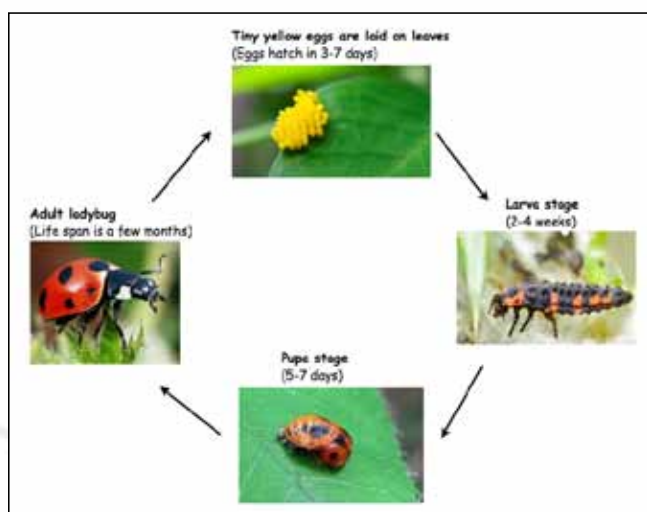
Unfortunately, ladybugs often die quickly in a grow room. To solve this problem, you can build a ladybug home that will protect your little red and black friends and give them a place to get it on and make babies.

To do this you will need:

1 Propagation tray
1 Transparent Plastic Dome
1 Thick Organic Sponge (water source)
Some Raisins

Construction is easy. Simply pop off the adjustable vent flaps on the top of the plastic dome. Soak the sponge in filtered water, which will be the water source. Place the moist sponge in the propagation tray and sprinkle some raisins around it. Quickly open the ladybug container, place into the tray and cover with the dome. Try not to let too many ladybugs escape. You want them to get used to there home, eat some raisins and start humping before they venture out into the grow room.

Ladybugs have four stages of life; egg, larva, pupa and adult. If you are lucky, you will only have to buy ladybugs once, and spend less time dealing with unwanted pests.



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VGIP UPDATE

by Ben Horner

Detroit has passed its ordinance and the City of Detroit is gearing up to close as many dispensaries as they can. All Dispensaries have until March 31st to start the licensing process. Some dispensaries that are close to schools have already been raided and shut down, after Mayor Mike Duggan announced that facilities that continue operating before getting approved by the City are doing so at their own risk.

A referendum to overturn the Detroit Dispensary Ordinance just missed the deadline to turn signatures in, but are hoping that the city will extend the deadline and accept the over four-thousand signatures that were turned in. Jamie Lowell, Tim Beck, Greg

Pawlowski and many of the stores worked on gathering the signatures for the referendum, but only had a limited amount of time. It looks like the City will be allowing some dispensaries to apply for 100% variances, so they don't have to close. Many feel that this is another sign of corruption in the Motor City, and medical marijuana will be pay-to-play. City officials estimate only 50 or so dispensaries will make the cut. Last month there were over 200 stores in the city limits, and as of the beginning of the month almost half have filed an application.

Lansing is considering a similar licensing ordinance. Although Virg Bernero supports the medical marijuana centers, others in Lansing



feel as though there are too many already. Natures Alternative of Detroit has expanded into Lansing. Adam MacDonald, owner of Natures Alternative and president of the National Patients Rights Association (NPRA), was mentioned in the Detroit Free Press in September of last year, in support of closing down his competition saying:

“Adam MacDonald of Grosse Pointe Farms, owner of the Nature’s Alternatives dispensary on Detroit’s east side, said he favors regulations to shutter unscrupulous operators while freeing responsible owners from the fear of police raids.”

Michigan Senate is fast tracking a bill, SB 776, which will prevent Jeff Hank, from MI Legalize, from being able to change the policy regarding the 180-day limit on state petitions. Signatures that are older than 180 days are considered “null and void.” Supporting the challenge is the Committee to Ban Fracking, who also came up short of the 240,000 signatures needed to make the ballot. Unfortunately this brought in the oil and gas industry to lobby for Senate Bill 776. What a shame that Lansing is not more open to making it easier for grassroots initiatives? On the other hand, do we really want to make it easier to build private bridges, prisons, casinos in the same fashion?

Abrogate Michigan is hoping to pick up speed now that MI Legalize has past their deadline, and has failed to come up with a contingency plan. You can find a copy of the Abrogate petition in the magazine. Readers can gather a dozen signatures and mail it in. This grassroots petition has no “cannabis leaders” and is the only realistic chance of making the 2016 ballot at this point according to petitioning experts.



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A Column by
John Sinclair



Highest greetings from New Orleans, where I was greeted for Mardi Gras with the splendid news that the New Orleans City Council is about to pass an ordinance virtually decriminalizing marijuana possession in the Crescent City, largely due to the work of Kevin Caldwell and the organization called Legalize New Orleans and to Councilmember Susan Guidry, who introduced the measure.

“Under the proposed municipal law change,” *nola.com* reports, “a first-time offender could get off with a verbal warning. A second-time offender could get a written warning, then a \$50 fine the third time” and a \$100 fine any time after that. “Police will now be able to use their discretion,” the report continues, either issuing a summons under the municipal code or making a custodial arrest using state marijuana possession laws.

Since Councilmember Guidry introduced the original ordinance in 2010 that redefined first offense simple possession, “We have found that the police officers 70% of the time are writing out a summons rather than taking someone to jail,” Guidry said.

“Most importantly,” *nola.com* adds, “research shows that the NOPD’s discretionary use of summonses has been applied evenly by race.”

But according to New Orleans Municipal Court and NOPD records cited by *nola.com*, African-Americans still account for 75% of all misdemeanor marijuana arrests and 92% of all felony marijuana arrests (whether by summons or custodial arrest). “This is unacceptable and not in line with the demographics of our city or the reported demographics of marijuana users,” Councilmember Guidry said.

Guidry says she hopes the ordinance will “free up police, save money and make application of marijuana laws more fair and just across ethnic and economic backgrounds.” She wants police on the street investigating murders, rapes and armed robberies, “rather than at the station spending countless hours booking individuals on victimless, non-violent crime.

“These marijuana arrests clog our already overburdened court systems and public defender’s office. Also, when indigent defendants cannot afford the

hefty state law fines for possession offenses, they end up clogging our jail for failure to pay. Those offenders then struggle to get back on track once released. They can’t bond out and they wind up losing their job, then they get out and

they are really in desperate circumstances, and really it makes the severity of the punishment much more than the severity of the crime,” Guidry said.

That’s some of the most sensible municipal wisdom to be encountered today, and this grizzled veteran of the marijuana legalization wars would like to commend and thank Ms. Susan Guidry for leading the way to common sense in New Orleans.

In Detroit, however, the City Council is galloping off in the opposite direction, even though the citizenry has voted to legalize marijuana for medical (2008) and recreational (2012) use and the cannabis community has opened up more than 200 public dispensaries to serve the needs of local smokers.



This has happened in the most natural fashion and absent any supervision or regulatory system devised by the city government. Now they want to corral the dispensaries and impose stringent post-facto legal strictures that are based in the usual idiocy of War On Drugs policies.

The Detroit City Council has adopted a report pretentiously titled “Medical Marihuana Caregiver Center Application Process Status Report For Detroit City Council” and identified 211 dispensary locations in the city.

According to Rick Thompson of *The Compassion Chronicles*, the new medical marijuana rules will begin on March 1 and any dispensary now open in the city has only until March 31 to apply for a business license. Most of the applicants will also have to apply for a zoning variance, Thompson adds, “as the city was extremely stingy on the number of locations properly zoned for the inappropriately-named caregiver centers.”

There isn’t enough space in this column to go into every detail of the Detroit dispensary ordinance, but Richard Clement, Marijuana Policy Analyst for Council Member George Cushingberry, suggests that anyone interested in viewing the relevant documents visit www.detroitmi.gov/Government/City-Council/George-Cushingberry/Newsletters-and-Documents

Let it suffice to say that the ordinance is full of tricks and traps that are designed to deprive as many people as possible of access to their medicine. First off, all operational dispensaries must apply for their licenses in the month of March—period. Up-front costs include a Site Plan Review for \$160, an initial Conditional Hearing for \$1000, a Board of Zoning Appeals Hearing for \$1200, and, as Rick Thompson points out, the price of the business license itself is yet to be determined.

Once the licensing fee is established, the businesses will have to purchase the initial license in the spring and will be forced to renew their license and pay the fee again in September.

The whole thing is based in the kind of backwards, police-state ideology so assiduously developed in the service of the War On Drugs. For instance, anyone who

cultivates marijuana in a residence will be required to register with the city of Detroit as a home-based business. The registration process involves inspection and approval by numerous city agencies.

Further, dispensaries cannot be less than 1000 feet from another such business, from a park recognized by the Recreation Department, from a religious institution that has received a tax exemption from the city, or from a business identified as a controlled use (topless clubs and liquor stores). The City has specified a few industrial districts where dispensaries may be less than 1000 feet from each other to allow for clustering of similar businesses.

What happens if you don’t follow the rules? Rick Thompson asks. “Any premises, building or structure in which a medical marihuana caregiver center is regularly operated or maintained in violation of the standard included and incorporated in this Code shall constitute a public nuisance and shall be subject to a civil abatement proceeding initiated by the City of Detroit.”

What’s even worse, Thompson reports in a follow-up piece, the Detroit Police Department raided more than a dozen medical marijuana dispensaries in February despite assurances that businesses of that type will begin licensing procedures on March 1.

“The Detroit Police raids are a tortious interference with a business expectancy,” Royal Oak attorney Barton Morris told Thompson. “The recent Detroit Police raids are unlawful and unconstitutional. The city should be legally estopped from taking any action to an issue they created and allowed.”

“The current policy to shut down, raid and deny safe access is a losing hand to play,” said Michael Komorn, an attorney from Southfield. “Medical cannabis is a public health issue, not a public safety issue.”

“The City has not only allowed dispensaries to operate by providing them



certificates of occupancy, they enacted an ordinance to license and zone them,” Barton Morris pointed out. “At the same time, they send the Detroit police to raid select dispensaries purporting to enforce state law. That is the ultimate hypocrisy.”

“These raids are discriminatory in nature and further persecute caregivers and the patients who need safe access to their medicine,” said Bruce Leach of Kirsch Leach PLC of Birmingham. “So many people will be negatively impacted by these raids; many will be thrown into the criminal justice system.”

It will be interesting to see what happens in March, and we’ll be following this procedure very carefully. Incidentally, this is my 60th column for *MMM Report*—one every month for the past five years. If all goes well, the column will continue here for at least another five. **FREE THE WEED!**

—New Orleans

February 20-21, 2016

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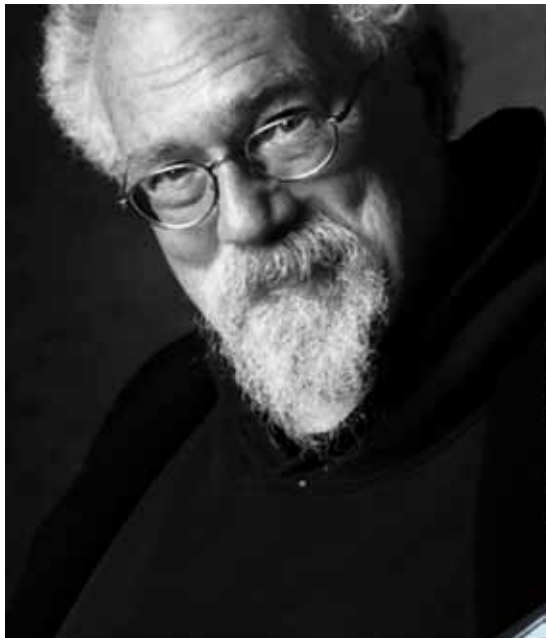
   

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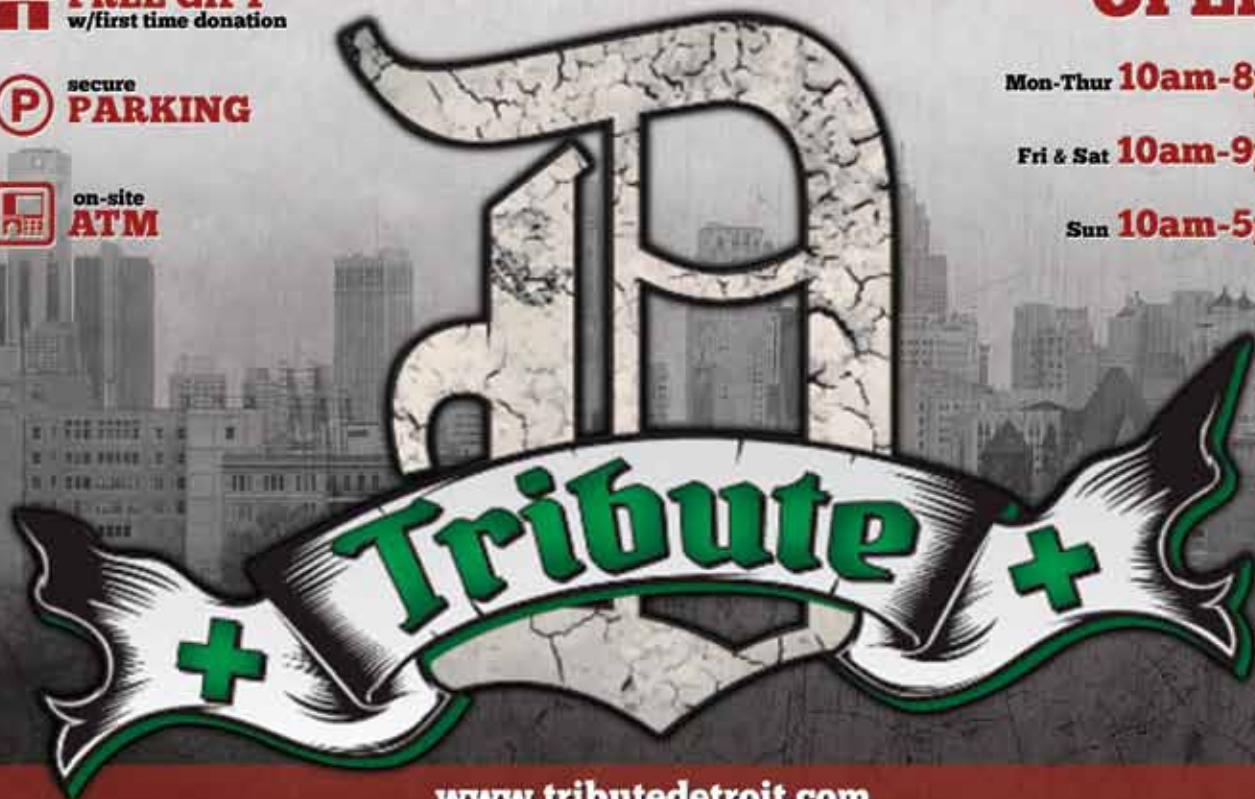
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There is going to be a legal panel, veterans panel Saturday, and a pancake breakfast hosted by parents for pot. 420 Nurses are recruiting new interns and promotional modeling deals for this magazine and cash prizes.

The Caregiver Cup entree deadline is March 14th. Trophies will be awarded for best indica, sativa, hybrid, concentrates and edibles. It only costs \$80 to enter. Participants will be invited to a private grower meet and greet after party on Saturday night. Tests your skills against the best, and just maybe you could validate you skills. Entrees can be dropped off at ACT Labs in Lansing, MI organics in Flint, or New World seeds in Traverse City.





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Schedule:

10am - Event Starts

12:00pm-1pm - *Captain Kirk Master Cannabis Cooking Class*

1:00pm-1:30pm - *The John Sinclair Reader*

1:30am-2pm - *Oklevueha Native American Church with Wayne Gregory*

2:00-2:30pm - *OrganiBliss - Jim Kostrava*

4:20pm - *Deadline to sign up for the 420 Nurse Contest*

4:30-5:30pm - *Uncle Pete Seed To Cure*

7pm-8pm - *Veterans Panel - Jenn Spaulding*

10pm - *Event Closes for the Night - Look for the After Party and Hotel Action ;)*

10:00am-11am - *Pancake Breakfast with Parents for Pot*

11am-1pm - *Business Seminar with Ben Horner and Paul Samways*

2:00-3pm - *Legal Panel - Expert Cannabis Attorneys and Industry Insiders*

3:30-4pm - *420 Nurse Judging*

4:20pm - *Caregiver Cup Award Ceremony*

Schedule is subject to change. Check the website to check out the most up to date info.

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Welcome March, Welcome Spring!



By: Hemptress Jolene

Welcome to the true count down to summer. Now if you are like me, then you have spent the winter dreaming about the festival season the friends that you will see and the music that just might melt your mind, change your life and give you a whole new path. Michigan offers many festivals and celebrations across this state that are distinctly Michigan. From Beer, to Bavaria, from film to fish, from Medieval to Mushrooms, Michigan celebrates it all with its pure Michigan style. For most of you reading this article, events like Ann Arbor's Hash Bash and the High Time's Cannabis Cup will be the crowning events on a season of summer fun, however, if you are like me and that is just not enough for you, I encourage you to dive into the wealth of awesome 3-day music festivals that Michigan has to offer.

When I say 3-day music festival, many of you think Woodstock, and ok that element does exist, but the scope of the three-day music festival is so much more and celebrates more than that. For those of you who have brought tickets to Rothbury's EF and to Summer Camp, I think that you will have a great time, but I invite you to look beyond the big acts and money spending and try small festival that celebrates something different, say bluegrass, community, the environment, and or whatever else you make like. If you would never go to a big festival, pick a small one, but check it out, take your family and have great time!

When setting out to experience a festival for the first time, I recommend always reading the information and questions part of the website. Tips, rules and what to bring are usually there. The volunteers and staff want you to be successful on your festival journey, so please read the website. If you are like me you just can't wait for June to get out into the festival world, I have listed some interesting city festivals

and early bird shows in Ohio that are guaranteed to scratch your festi itch until summer arrives!

April

HASH BASH, April 2, 2016- Ann Arbor Michigan



Come out and celebrate at an original! Hash Bash is a staple of our community and many of us mark it as the beginning of spring! Come out and support the Cannabis Community as they fight for the right to grow and treat patients!

Earlybird Gathering Nelson Ledgers Quarry Park April 28 to May 1st 2016



For those of use who truly know, Nelson Ledges truly is heaven on earth. If you love camping, swimming, music and love then a trip to Nelson is for you. This is their first event of the summer, a kick off so to speak. Come on out and re-open the park and help make 2016 the best year yet! It always promises to be a great weekend with old and new friends. Swimming in the quarry, yoga on the beach and fire spinning under the moon are just a few of the things that you can do in peak season at NLQP. So check out all their festivals and events at www.nlqp.com

May

Empire Asparagus Festival May 19-21, 2016 Empire, Michigan

Asparagus and music! Enough said! For more information check out the Empire's chamber of commerce website closer to the date.

The Bluegrass Gathering May 19-21 2016, Hart, Michigan



Held at the Hat Fairgrounds, this is an early music festival with a focus on the traditional Bluegrass scene. Offering Attendees fun, whether there is rain or shine, this event features bluegrass acts from around the country as well as Michigan. It offers a 12 to 1 am event schedule both Friday and Saturday. Attendees have the option of rustic camping as well as hotel accommodations. www.bluegrassgathering.org

Hookahville, May 19-22, 2016 Nelson Ledges Quarry Park, Nelson, Ohio



Spring Hookahville, back where the sun never sets... If you have a soft spot for Ekoostic Hookah then a trip to Ohio for this get even just might be in the cards for you. This will be a great show with awesome activities for everyone. The line up for a hookah show usually has a wide variety of good jam bands to love, so if you

like early festivals then this is definitely one not to miss. Tickets available at: www.nlqp.com

*The Movement May 28-30, 2016
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This is an electronic music festival in the heart of the city of Detroit. Now if you are like me and just can't wait for it to warm up to go out and hear some good music this might be worth checking out. Vendors and DJs, take over Hart Plaza in the heart of Detroit as Detroit shows the world what the heart of the electronic music scene is all about. www.movement.us

June

Nor'Eastr June 10, 11, 12 2016 Mio, Michigan



Named for a storm off the lake that comes from the northeast, this is a little festival that promises to keep the true festival lover going back to over and over again. Supporting local music and vendors, Nor'eastr offers the attendee dances, workshops, great local and state wide music, plus a craft show with artisan run workshops that can't be beat. While it seems like a small show, there is more than enough to do to keep you wanting to come back to Mio for many years to come. Bring the family and come on out and celebrate what music means at Noreastr. For more information, please check out their website at www.noreastr.net.

Buttermilk Jamboree, June 10-12, 2016 Circle Pines Center, Delton Michigan



This is a great little festival to bring your kids and family to that celebrates local and midwestern music with great focus on family. It is held at a Kids Camp and is focused on providing music and art to enrich families' lives. The funds from this event are used to help the camp continue to operate. This event has an excellent kids area and family focus. For more information, please check out: www.buttermilkjamboree.org.

*Earthworks Family Gathering June 17-19
2016 Lake City Michigan*



Looking for a great event to celebrate the ending of the school year! Look no farther than the family gathering held at Earthworks Harvest Farms in Lake City Michigan. Head on out to the farm with your family and celebrate childhood, Michigan music and the environment with your Earthworks family! Look for the dates at www.familyweekend.us!

July

Bliss Fest Music Festival, July 8-10, 2016 Bliss Farms, Cross Village Michigan



Come on out and celebrate BLISS! This is one of the best times one can have a music festival. Great Music in abundance everywhere, fun workshops in the woods for those who look, new friends at every corner and wonderful craft show that is sure to bring you back again and again. Bliss boasts a little bliss for everyone. Bring your family and make a new one, Bliss has little something for every festival lover. More information at: www.blissfest.org.

*Michigan Glass Project July 24-26, 2016
Russell, Detroit Michigan*

This is a celebration of music and art right in downtown Detroit. What makes it notable is that all the money raised

is used to enrich students in Detroit lives with art. Michigan project glass brings glass blowers from all over the state (and country) to come together and celebrate glass and the art of glass for the weekend. Head by Drew Kupps of Urban Pheasant, this promises to be the best year of Michigan Project Glass yet. For more information about the event, check out their website at www.themichiganprojectglass.com.

Dunesville July 22-24, 2016 Lake Ann Michigan (tentatively)



Taking place in Lake Ann, Michigan on the no harm farm, this re-incarnation of the Dunegrass folk festival looks forward to another fun and community building year. This is a great show run by good people looking to support the local community. The music is always building and they are looking to build this into a festival that will last many years to come. Check out their website at www.dunesvillemusicfestival.com

August

Farmfest August 14-16, 2016 Johannesburg, Michigan

Happening the second weekend in August, Farmfest is one festival that you don't want to miss. Nestled in the hills of Johannesburg, just outside of Gaylord, Farmfest raises money for a local sustainable farm, while supporting the local Michigan music scene. With headliners like Seth and May and a donation ticket price of somewhere around \$80, Farmfest is affordable and fun offering an excellent kids area with playground and farm to table food. www.farm-fest.com

****For more events, check next month's issue of the MMM Report****



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STRENGTH IN NUMBERS

By: Adam L. Brook

So here we are, about to celebrate the annual right of passage called THE ANN ARBOR HASH BASH April 2nd at HIGH Noon.....This will be the 45th.

How we got to this point? I have that answer. WHY we are still protesting the insane marijuana law with a smoke in? Depends on who you ask. I never saw an end to HASH BASH while I spent 20+ years organizing the event. I figured once the law changed, we would have a yearly celebration. I never thought it would get as commercial as it had (I don't consider guys hawking t-shirts on every corner commercial), let alone corporate where the speakers list reflects ONE group and not ALL groups....

Now, How did we get to this point? Well there is strength in numbers. There were years where a handful of folks stood on the Diag and there were zero arrests.....then there was 12k people one year with 198 arrests. Then there were years like last year where copious amounts of weed was smoked and 3 people were arrested.

Looks like we may have finally convinced the University that we are not worth arresting....we keep coming and in larger numbers...Plus we like to say FUCK YOU to THE MAN!

I encourage you all to do two things....bring a few pre-rolls and share with those around you. It's a smoke-in, so come smoke Saturday April 2nd at HIGH noon at the 45th Annual Ann Arbor Hash Bash on the DIAG of the University of Michigan....I'm holding the ALB Invitational at Hash Bash this year. YOU all are invited to drop me a

sample of your best....a prize to the best....I shouldn't be hard to find....ask around....

By time you read this there will be shops in Detroit who have closed in fear of the city's new CAREGIVER CENTER ordinance. That's sad. Medical Marijuana has been the best blight program Detroit has ever had.... Over 200 formally vacant storefronts opened up and now, unless they get a variance MANY will HAVE to close. Me personally, if I was in the game, I would wait until I was shut down!

But I understand....80 shops applied for a license on March 1st.....many more to come I hope.....

Because I am later than late getting this in, you, my readers will benefit once again. It looks like as of this morning the Detroit City Clerk accepted two sets of petitions designed to revoke Detroit's new medical marijuana dispensary licensing and zoning programs.

Citizens for Sensible Cannabis Reform (CSCR) said the Clerk stamped and counted both sets of petitions determining that each separate set contains more than the 4055 signatures as required by referendum law..... This was a great relief.

However short live.....By 11:30 The Detroit News said "The clerk said that her office received the petitions, which did meet the approximately 4,000 signatures required. They were then forwarded to the Law Department for review..

But Detroit's Corporation Counsel Melvin Butch Hollowell (google him, good reading) said the efforts challenging the zoning and licensing laws were done improperly under state law and City Charter and were invalid.

On the zoning rules, the group would have had to file its challenge within seven days of publication of the ordinance, which was in January. For licensing, the group would have had to turn in its petition to the city clerk's office before the day that the ordinance took effect, he said.

Not sure what else to say other than EPIC FAIL. I hope I have to eat those words in next months column. The winner of last months contest was Aron K. He will receive a prize pack of a hoodie and stickers...

This month TRIVIA question: Who was called The Jesus Christ of Marijuana, and a BONUS: Who penned that moniker? Text your answer to 313-999-0329. Questions, Comments or Complaints hit me up.....

Don't forget to follow me on PERISCOPE....I do live broadcasts from The OMS Dab House, home of DETROIT DAB WARZ on Monday's and Thursday's plus I will PERISCOPE at HASH BASH from the DIAG at HIGH NOON on Sat April 2nd....

*Peace,
Adam L. Brook
Periscope: Adam L Brook
IG: adamlbrook
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LAWLESS LAW EN

By: Dan Price

Dateline, March, 2016. Is the lawlessness of government actors becoming so clear, that even their most loyal lap dogs must see that their own freedom and lives are also at stake. A revealing expose on the Michigan State Police Crime Lab ("MSP Lab"), is now well known in Michigan. Last November Fox17online.com revealed that the MSP Lab has been ordered by prosecuting attorneys connected with Michigan's Attorney General's office through the Prosecuting Attorney's Association of Michigan ("PAAM"), to indicate that marijuana extracted from a plant is synthetic marijuana, when in fact the scientists know it is not synthetic.

So why does this matter? Well, it can make a marijuana patient who is arrested and has marijuana in his blood a felon, because possession of synthetic marijuana is a felony in Michigan. Yes, that's right, the prosecutors are apparently conspiring with the MSP Lab to 'create criminals'. This has prompted several Michigan attorneys to request an investigation by the National Institute of Justice, Office of Investigative & Forensic Sciences. The interesting thing about this whole mess is that even if the MSP Lab and the Attorney General's office corrects the wrongdoing outlined above. It still will not make much of a difference. I say this because the vials which the blood is placed in when sent to the MSP Lab are not even sealed. That's right, I'll say it again. The vials are not even sealed!

I defended a case last year where a MSP Lab witness stated that there is no seal of any kind on the vials once they are taken out of the sealed box by police officers or medical personnel for taking a blood sample. This means that there is no seal on those vials after the blood is placed in them. Moreover, the witness confirmed my suspicions that a person could take the rubber stopper off the vial and put anything in the vial at any time after the blood is placed in the vial. The witness

further confirmed that it's possible that no one would know the sample had been tampered with, so long as the person wiped off the stopper and the top of the vial before they put the stopper back on. Yet, over my objection, the results of the testing of the compromised blood was allowed in as evidence in the case.

So why does this matter? As I have always stated, government actors work to deny you your freedoms. This is yet another example of how here in Michigan,



ENFORCEMENT



government actors are conspiring to take your freedoms and make you a criminal, even when the evidence goes against scientific proof, or when the evidence can easily be tampered with by government actors.

Now, imagine you are a law abiding medical marijuana patient and you are arrested for felony possession of synthetic marijuana. Do you think you have a chance at successfully defending the charges, when the government actors are in charge of their own labs and this kind of lawlessness occurs?

So tell me, why is the MSP Lab not an independent, private lab, totally unconnected with the State Police or Attorney General's office? And why is it that the vials of blood are not sealed with a simple plastic wrap like Tylenol bottles? Why can't the scientists who test the blood simply write their name, the date and time they unseal the vial, and their name, the time and date when they reseal it after testing? Wouldn't these simple, inexpensive things possibly save thousands of people from a criminal conviction? I know these "scientists" are intelligent enough to write their name, the date and time on a log sheet. Also, history shows us that the costs of an independent "private lab" would be far less than a government run lab.

Well, if the goal is for government actors to protect our freedom, then these things would have already taken place. However, the evidence clearly shows that the protection of freedom is not the goal in the case of the MSP Lab and government actors throughout the State of Michigan. So what can you do? Well, you can roll over, play dead, and watch as your freedoms are violated and you are made a criminal. Or, you can start doing something to take back your freedom. You can write your state representatives and the governor's office. You can VOTE! The prosecuting attorney and judges in each county, the Michigan Supreme Court Justices, the Governor, and the state Attorney General must all be voted into office in Michigan. Pay attention to these offices and vote to keep them in, or boot them out according to their statements, and their record, of denying, or defending freedom. That is what you can do.

Freedom is not free. But the denial of your freedoms takes no action on your part, you need only keep silent and do nothing.

Whatever your choice, till next month, as always, keep rolling on.

Disclaimer: This is an informational article only. It is not to provide individual legal advice. If you need legal services, feel free to contact me, or any attorney of your choosing.

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March 2016 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 DON'T FORGET TO SPRING FORWARD MARCH 13TH!	1 🌞 7:16AM 🌇 6:47PM  Happy Birthday Chris Webber!	2 🌞 7:15AM 🌇 6:48PM  Happy Birthday Dr. Seuss!	3 🌞 7:14AM 🌇 6:49PM women GROW Women Grow Signature Networking Event Bloom City Club Ann Arbor, MI	4 🌞 7:12AM 🌇 6:49PM  Hoodie Allen The Fillmore Detroit, MI	5 🌞 7:11AM 🌇 6:50PM  Happy Multiple Personality Day!	
6 🌞 7:10AM 🌇 6:51PM  Happy Birthday Michelangelo!	7 🌞 7:08AM 🌇 6:52PM  American Aquarium The Shelter at Saint Andrews Hall Detroit, MI	8 🌞 7:07AM 🌇 6:53PM  Fall Out Boy Van Andel Arena Grand Rapids, MI	9 🌞 7:06AM 🌇 6:53PM  1964: the first Ford Mustang was produced	10 🌞 7:05AM 🌇 6:54PM  Happy Birthday Chuck Norris!	11 🌞 7:03AM 🌇 6:55PM  Experience Hendrix Fox Theatre Detroit, MI	12 🌞 7:02AM 🌇 6:56PM  Official Movement Pre-Party w/ Kevin Saunderson TV Lounge, Detroit, MI
13 🌞 8:01AM 🌇 7:57PM  Marlon Wayans DeVos Performance Hall Grand Rapids, MI	14 🌞 7:59AM 🌇 7:57PM  Happy Birthday Steph Curry!	15 🌞 7:58AM 🌇 7:58PM  March Madness Begins!	16 🌞 7:57AM 🌇 7:59PM  Happy Birthday Flavor Flav!	17 🌞 7:55AM 🌇 8:00PM  St. Patrick's Day	18 🌞 7:54AM 🌇 8:00PM  Happy Oatmeal Cookie Day!	19 🌞 7:53AM 🌇 8:01PM  11th Michigan Medical Marijuana Conference Grand Rapids, MI
20 🌞 7:51AM 🌇 8:02PM  11th Michigan Medical Marijuana Conference Grand Rapids, MI	21 🌞 7:50AM 🌇 8:03PM  Neil deGrasse Tyson DeVos Performance Hall Grand Rapids, MI	22 🌞 7:49AM 🌇 8:03PM  1903 - Niagara Falls ran out of water due to a drought.	23 🌞 7:47AM 🌇 8:04PM  Elton John Van Andel Arena Grand Rapids, MI	24 🌞 7:46AM 🌇 8:05PM  Rihanna The Palace of Auburn Hills Auburn Hills, MI	25 🌞 7:45AM 🌇 8:05PM  Batman Vs. Superman Movie Release In Theatres Nationwide	26 🌞 7:43AM 🌇 8:06PM  ZZ Top Four Winds Casino Resort New Buffalo, MI
27 🌞 7:42AM 🌇 8:07PM  Easter Sunday	28 🌞 7:41AM 🌇 8:08PM  Weed Appreciation Day	29 🌞 7:39AM 🌇 8:08PM  Happy Coca-Cola Day!	30 🌞 7:38AM 🌇 8:09PM  1939 - Batman's Debut	31 🌞 7:37AM 🌇 8:10PM  Happy Birthday Christopher Walken!		

Sunrise and sunset times shown for Lansing, Michigan. Times for other areas may vary.

If you know of an event that should be featured on the MMM Report calendar page, let us know! mmmreport@gmail.com



Cannabis &

By: Joseph Dauphinais

Medical cannabis has been proven to be a great treatment for a variety of ailments, and has a multitude of benefits which have been highlighted numerous times in many publications and web pages, including this magazine. But as with any other medication, there are side effects, of which any informed patient should be made aware. While there is no specific evidence that cannabis leads to any physical health problems, there are some studies which indicate that heavy use of the herb may have psychological consequences.

How many times have you said, or heard someone say “I just need to smoke a joint” during a stressful situation? While there is some merit to that statement, at times smoking a joint is a temporary solution to a deeper issue. While the patient may be able to escape their troubles for a few hours, it does not directly solve any problems in the long term. Cannabis can be a wonderful way to unwind after a long day, and is an effective treatment for many ailments, with that list getting longer all the time. But if we use marijuana constantly just to escape reality, we run the risk of putting our problems and emotions on the back burner. Those issues may be forgotten for the time being, but they will still be there after the smoke clears.



Part of the danger that occurs psychologically is that people sometimes (incorrectly) ‘self diagnose’ themselves and treat their symptoms in the way that they seem fit. While they should have the freedom to do so, the National Alliance on Mental Illness states that the best treatment of almost any mental disorder is a combination of medication and therapy. Many people use cannabis to ‘self medicate’ during times when they feel stress, anxiety, or depression. While this can be an effective method of relieving certain stresses, just like with other medications, triggers for these symptoms should be identified and talked about with a professional. Cannabis can be great for making a patient feel better in the short term, but psychotherapy can be beneficial for identifying what made the patient feel the need to medicate in the first place.

If a patient medicates with marijuana on a daily basis, and abruptly

stops taking cannabis, as with any other medication, they may experience detrimental effects. These effects are similar to those experienced by one who is quitting tobacco, including irritability, depression, anxiety, and sleep pattern disturbance. Another risk for those who have been treating anxiety and/or depression regularly with cannabis is that a sudden stoppage in cannabis use can cause a flood of emotions to return which have been masked for years or even decades. For some people, this could cause an emotional and mental breakdown.

Although there is no reliable evidence that supports the idea that cannabis *causes* mental disorders, some studies indicate that cannabis may have the potential to exacerbate a previous condition. For example, one who is prone to schizophrenia may run the risk of increased paranoia, hallucinations, and hearing voices when using whole plant cannabis, and a number of studies, including one published in 2011 by Dr. Large and Dr. Sharma of the Mental Health Service Prince of Wales Hospital and School of Psychiatry, indicate that those with a genetic predisposition to schizophrenia may start to show symptoms at an earlier age through cannabis use. Another study published in 2014 by *Frontiers in Psychiatry* indicates that while THC may cause this early onset of psychosis, CBD

& Mental Health

may actually be an effective treatment for schizophrenia and other psychotic disorders.

Just like any other medication used to treat a mental illness, there is no single drug that is appropriate for every patient. For example, Xanax (alprazolam) has been an effective treatment for many suffering from anxiety disorders and panic attacks, yet it is not appropriate for every patient with these symptoms. Additionally, another widely prescribed medication, Seroquel (quetiapine) has been proven to be a capable medication for the treatment of schizophrenia, bipolar disorder, and manic episodes, yet to some patients the negative side effects they experience outweigh the benefits that might be gained from this medicine. What's good for the goose is not always good for the gander.

One mental condition, PTSD (Post Traumatic Stress Disorder) was added to the list of conditions that qualify for medical marijuana in Michigan back in 2014. Most common among

combat veterans, the National Institute of Mental Health defines PTSD as a "disorder that develops in some people who have seen or lived through a shocking, scary, or dangerous event." Symptoms of PTSD include nightmares, feelings of "fight or flight" reactions even when they are not in danger, and anxiety-related panic attacks. Many of those who suffer from PTSD find that by utilizing cannabis, they gain a more restful sleep, with the advantage of reduced flashbacks and nightmares often associated with the condition. Those who discuss their condition with a therapist are even more likely to reduce their symptoms.

A modicum of caution is recommended when starting any new medication, including cannabis. According to an article published by Harvard Medical School, studies have shown that in low doses, THC can be an effective mild sedative. At higher doses however, especially of the sativa varieties, cannabis can induce intense episodes of anxiety. For those who are prone to anxiety attacks, it is best to go

slow and low. For first time cannabis patients, it is wise to have a more experienced patient present until you get accustomed to the effects of the medicine.

If you suffer from any kind of mental condition, there is no 'magic pill' that will make everything better, including cannabis. Exercise, a balanced diet and sufficient sleep can work wonders for anybody. Meditation and breathing techniques can be done for free by anyone regardless of age or disability. Speaking with a therapist, or a trusted spiritual guide can also be beneficial.

Please keep in mind that this article is for informational purposes only, and should not be used to treat or diagnose any condition. It is not meant to encourage or dissuade anyone from using any type of medicine. If you or a loved one is feeling depressed, experiencing racing thoughts, acting out of character, or showing any other signs of mental illness, please seek professional help.



Jokes

"hits blunt"

Bruh if you think about it...there are more nipples in the world then there are people...

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What does a stoner do when he sees a space man?

He parks in it, man.

Q: What do you call a stoners wife?

A: Mississippi

Q: What do you call Harrison Ford when he smokes weed?

A: Han So-high

Q: What do you get when you mix weed and laxatives?

A: Shits and giggles.

Q: Did you hear about the kid that overdosed on weed?

A: Neither did I.

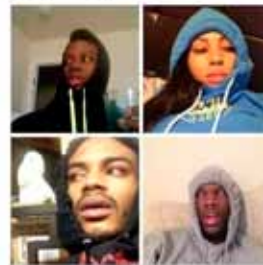


Master of disguise, the Medical Marijuana Wolf joins all Pro-Pot groups. This hungry predator uses camouflage to feast on unsuspecting patients and caregivers.

"hits blunt"

If money doesn't grow on trees then why do banks have branches?

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"hits blunt"

"Bruh, who put the alphabet in alphabetical order?"



SO A PIRATE WALKED INTO A BAR...

And the bartender said, "Hey, I haven't seen you in a while. What happened? You look terrible."

"What do you mean?" said the pirate, "I feel fine."

"What about the wooden leg? You didn't have that before."

"Well," said the pirate, "We were in a battle, and I got hit with a cannon ball, but I'm fine now."

The bartender replied, "Well, OK, but what about that hook? What happened to your hand?"

The pirate explained, "We were in another battle. I boarded a ship and got into a sword fight. My hand was cut off. I got fitted with a hook but I'm fine, really."

"And what about that eye patch?"

"Oh," said the pirate, "One day we were at sea, and a flock of birds flew over. I looked up, and one of them shit in my eye."

"You're kidding," said the bartender. "You can't lose an eye just from bird shit"

"It was my first day with the hook..."

HOROSCOPES

MARCH 2016



CAPRICORN
DEC. 23 - JAN. 20

You probably have no social plans for the weekend, if you do they will result in disaster. It is unfortunate that your lack of personality is only complimented by your lack of sex appeal.



AQUARIUS
JAN. 21 - FEB. 19

You are inventive and imaginative, which explains your habitual lying. Stop hiding behind your bullshit stories, we see right through you.



PISCES
FEB. 20 - MAR. 20

Your goals and dreams will keep you up all night tonight. This is probably a good thing since all that you have to wake up to is your shitty reality.



ARIES
MAR. 21 - APR. 20

You will receive a promotion at work tomorrow. Finally, your boss trusts you enough to take you off of fries and move you to the drive-thru.



TAURUS
APR. 21 - MAY. 21

Your love life is about to change dramatically. Your boyfriend is going back home to his wife and kids so learn to embrace the single life!



GEMINI
MAY. 22 - JUNE 21

Be wise about your financial decisions in the coming days. Your refund tax money will run out eventually and you'll be right back to square one.



CANCER
JUNE 22 - JULY. 22

You will meet a prospective love interest today. Good thing your looks completely mask your obsessive and abusive nature.



LEO
JULY 23 - AUG. 21

Don't worry so much about your physical appearance today. Nothing you do is going to fix it so get to work on that personality!



VIRGO
AUG. 22 - SEPT. 23

Find time to spend with your friends today. Eventually, they'll realize what an overcritical, fussy prick you are and ditch you. Take advantage of this time.



LIBRA
SEPT. 24 - OCT. 23

You will benefit from listening more than you speak today. Spare us all the heartache of listening to that little whiny bitch voice for at least 24 hours.



SCORPIO
OCT. 24 - NOV. 22

Tonight is a good night to stay in and relax, seeing as that girl you asked out earlier is going to stand you up. Enjoy some you time.



SAGITTARIUS
NOV. 23 - DEC. 22

You often push things too hard and tend to be very impatient. Just remember that you can't escape a rape charge easily. Chill out, bruh.

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